Abstract of the Disclosure

A safety device (100) includes a base (110), a handle (120) pivotally mounted on the base, a cleat (130) pivotally mounted on the base, and a cover (140) pivotally mounted on the base. A rope (99) is routed between the cleat and a bearing surface on the base, then between the cleat and a hub on the handle, then around the hub and between the hub and another bearing surface on the base, then between the cleat and the hub again. The handle may be squeezed against the base to control or limit descent along the rope, and in the event of excessively rapid descent, the device is urged toward a locked position relative to the rope.